

Why Mentoring?

Mentoring is a powerful form of human development. It is not a new concept and has been part of informal and formal development programs for some time.

Mentoring involves a relationship between a Mentor and Mentee. Mentors are responsible for facilitating personal and social growth in their mentee by sharing the knowledge and insights that have been learned through the years.

Mentoring offers opportunities for mentors and mentees to expand their leadership, interpersonal, and life skills. The process can be simple and natural or very sophisticated.

Relax... You've probably been mentoring people for years but have not called yourself a "mentor" as such.

A Simple Definition of Mentoring

Simply put, mentoring aims to provide a structured and trusting relationship that brings young people together with caring individuals who offer guidance, support and encouragement.

Supported By-



More Information & Mentee requirements:

- * Must be UNDER 18
- * Must be able to obtain a Passport
- * Regular attendance at training and team building sessions
- * Must be physically and emotionally prepared to safely complete the Kokoda Track
- * Medical clearance and vaccinations
- * Training sessions begin on Monday March 16th 2020, 6.00pm at Jaycee Park
- * Trek dates: Approx 19/9/2020– 30/9/2020, these dates will be confirmed.

If you would like more information on the Kokoda Youth Mentoring Program, as a Mentor, Mentee or a Sponsor please contact Program Co-ordinator Ken Innes on the below details.

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KOKODA YOUTH MENTORING
PROGRAM
Mentee Information 2020

Program Description

Since its inception in 2006, MASP's Kokoda Youth Mentoring program has had an impact on the lives of over 170 young people and 215 mentors. Kokoda is a 12-month youth mentoring program providing local youth experiencing difficulties with an opportunity to re-connect with education, employment, family, community and support to make positive life changing decisions.



The program recruits adults from the local community to provide mentoring and support to the young people participating, with a strong focus on the linking of disadvantaged young people to positive adult role models. Training provided to the mentors ensures that the young people are receiving the maximum benefit possible from the program including –

- * **Social interaction through group physical training sessions**

- * **One-on-one sessions ensuring the achievement of extended social networks**

- * **Building of confidence, self-esteem and positive communication**

- * **Life skills and core values that will assist them in everyday life, their careers and relationships**

- * **Creating an environment that enables their full potential to be realised.**



The program highlight is the trip to Papua New Guinea to walk **"in the footsteps of heroes"** along the historical Kokoda Trail. It is here where emotions are brought to the forefront, participants discover themselves and their inner strengths, gain an insight into the sacrifices made by many young Australian soldiers and experience a culture far removed from our own.

Kokoda has had a positive influence on many of the young people who have participated in the program during the last 13 years, this has included but not limited to outcomes such as-

- * **Returning to school**

- * **Tertiary Education**

- * **Commencing training and / or employment**

- * **Entering sustainable accommodation**

- * **Improved physical & mental health**

- * **Increased independent living skills**

- * **Increased self-esteem, confidence and social skills.**

